



January 2025

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Dear Client,

Thank you for your interest in finding a health and wellness coach. I am looking forward to supporting you as we embark on ways for you to live your best life. Together we can explore evidence-based education, client resources and aspects to support lifestyle change as the cornerstone of health and healthcare.

Whether you are recovering from a traumatic injury, battling sleep issues and/or cognitive decline, facing pre-diabetic/diabetic status, desiring a healthy weight, among other health concerns, we can collaborate. Together and/or with your other health-care professionals I can help you thrive in 2025.

Appointments are 60 minutes. All sessions begin and end on time, even if we start late. If the session is over the phone, I will wait for you to initiate the call when you are ready to begin the session. For Zoom or Microsoft Teams calls, I will send you a link. Based on your needs, I would suggest that we set up a weekly appointment schedule.

Coaching is a client-driven process. Together we will define the goals of the coaching engagement, the measures of success, and a coaching plan using evidence-based recommendations.

Prior to each session you may want to give some thought to the session agenda. We will explore that session agreement and why it is important to you. Before we end the session, we will discuss a potential guiding activity between sessions that will help you make progress towards your overall coaching goal. To maximize individual and group coaching, we may utilize questionnaires or assessments. We will jointly develop guiding questions, resources, and activities in pursuit of goal formation, strategy development, and implementation.

During the coaching process, you have the opportunity to articulate your vision thoroughly and develop action plans to overcome barriers to success. We may identify the role of your self-care in the quality of work, health, wellbeing, and quality of life. A key aspect of our coaching together is to tap into your creativity and develop your creative expression to fully realize your goals and dreams. Although there are no guarantees on the outcomes from coaching most people report progressing towards their goals.



The information you share will remain confidential unless you give specific permission to release information or I am required to release the information by law. In the unlikely event this were to arise, I would discuss this with you. If you participate in group coaching, please be respectful of any information shared in a group and treat it as private and confidential.

Some coaching environments outside an office, or on Zoom/Teams, lend themselves to less confidentiality. Coaching in nature, urban environments, or other public places could have circumstances like someone recognizing you or overhearing a discussion. We will discuss our choices prior to scheduling to minimize uncontrollable circumstances that may occur in public environments.

I look forward to our journey together!

Sincerely,

Dr. Amy Dassoulas